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## **Question Time: Giving up something for Lent**

**Or, are you also adding something**

**By Rob Burgess**  
**Tribune night editor**

[**Editor's note:** To participate in future queries, keep an eye on our Twitter and Facebook accounts.]

In many Christian traditions, Lent is commonly charted as the period between Ash Wednesday, which was last Wednesday, and Easter, which is April 5 this year. It is observed by adherents of Anglicanism, Catholicism, Eastern Orthodoxy, Lutheranism, Methodism and Presbyterianism, among others. Many people who observe this season chose to give up a vice (or vices) and/or add a virtue (or virtues) during this time. So, we wanted to know: "Are you giving up anything for Lent this year? Taking something on instead? Why or why not?"

### **Your answers**

"Hmm never thought about it." — **Andrew Sara Roe**

"I'm going to give up the right to see my enemies punished and forgive them! We need to do this all the time. Good to remember every day to be sure we are forgiving others. Let it go! Just another way to say give it up!

Lent seems a good time to reflect on forgiveness! Are we holding onto old grudges or revenge? Give it up!" — **Linda Powell-Heiny**

"Yeah." — **Nambê Patrick**

### **Our answers**

"I don't really celebrate Lent, but if I did I would probably choose to give something up and to take something on. If I were going to give up something I would give up eating junk food because I don't need it. And if I were going to take something on I would probably try to do something I wouldn't do normally on a day to day basis. I would probably try to start a new hobby such as learning how to sew or taking pictures. Or I might try out a different hobby every day. Who knows, I might go ahead and give it a try!" — **Jordan Cleckley**

"I'm not observing Lent this year by giving up anything or taking on something additional. It's not a tradition my family observed during my childhood, nor is it something my current place of worship observes. At other times of the year, I've undergone similar practices, however, with similar ends — making sure my priorities are in order — and I've found it valuable to give up watching movies and checking Facebook on my phone. Those tend to be the biggest ways my priorities get out of whack." — **Sarah Einselen**

“I think the idea of abstaining from unhealthy activities for a set period of time is a valuable concept no matter what faith or non-faith you’re working with. It’s always a good idea to change up your routine in order to gain new perspective. This year, I wanted to try giving up a few different things and see if at least one stuck. I was going to try giving up alcohol, caffeine and sugar. A single trip to Starbucks on Wednesday morning made quick work of the latter pair, but alcohol seems pretty easy to stick with so far. (Heck, they give away sugar and coffee away free here at work, so I was really no match for those two.) As far as taking something on, I’m going to try to minimize wasting time; just in general.” — **Rob Burgess**

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